NAUTILUS

MAGAZINE OF NEW THOUGHT

JUNE 1948

The New Way to Impress the Subconscious DORTCH CAMPBELL

Opportunity ETHEL S. BICKFORD, Ed.M.

Success is Within the Skin SHELDON SHEPARD

All Kinds of Chickens Come Home to Roost ANONYMOUS

"I Just Went Along" U. S. AULTMAN

How to Find the Secrets of Strength MARY McGOWAN SLAPPEY

Companionship—How to Have and Hold It GODIN V. GREENE

Seek Strength ELIZABETH TOWNE

Edited by ELIZABETH TOWNE
WILLIAM E. TOWNE

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REST

By ELEANOR M. THOME

Relax and rest, the world will still go on,
Without you at the helm, to watch its daily round.
Relax and rest, let fall the tired hands,
God never meant that they should be so bound with iron bands.

Relax and rest, your weary head lay down,
And smooth from off your brow that worried frown,
Relax and rest, let God your way control.
And trust within his hands your weary soul.

Relax and rest, let peace flow on and on,
Relax and rest, the day is nearly gone.
Relax and rest and know that with the dawn,
The Lord knew best.

What's Cooking FOR NEXT MONTH?

You've Heard of This You have probably read about Prof. William James' explanation of the phenomenon of the second wind as applied to athletes. Here comes a writer with an article about a similar idea applied to spiritual experiences. We hope you will like Lillian Ackley's SPIRITUAL SECOND WIND.

All the Answers He was suddenly confronted with a grave and immediate need — a need for knowing the right answer — and that very quickly. There was no place to go for the answer except within himself. And the answer was at hand just when he needed it. The answer is always there, says Zeiger Hay, the Texas teacher who tells us about the how and the why of this interesting experience in an article to be published in Nautilus next month. The title, THE ANSWER CAME.

Anyone Lonely? If they are, we have a good practical article by an experienced writer that will help. Watch for Harry H. Graham's YOU NEED NOT BE LONELY.

This and That In the retreat from Antwerp, in World War I, a young Belgian officer lost a valuable manuscript. It was a thesis which he had written in the hope that by it he might obtain a coveted degree. He at once set to work to write another thesis. His subject included interesting mental experiments and observations with himself as the subject. In the end his thesis was published as a book. (It is now out of print I believe.) The title of the book was "The Psychology of Day Dreams." This book came vividly to my mind (although it is more than twenty-five years since I read it) by a manuscript just received from Charles Rehns — always an interesting writer. There is much in Mr. Rehns' article that reminds me of the Belgian's book. We will give you the article next month, the title being THE CASE OF HITHER AND YON.

Harmony Perhaps some mal-adjustment in your affairs has made you feel tense and at odds with the world in general. Things just don't go right for you. La Verne Bowles has some ideas that will help in such a case. Coming, HOW TO HAVE HARMONY.

Important to Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue UNLESS your renewal has crossed the notice in the mail. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 29th OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR $2.50. Extra month for prompt renewal. Or we will send NAUTILUS two years for $4.00 (30¢ extra per year for Canadian postage; and 50¢ extra postage per year to foreign lands). Do not look for change in credit mark on wrapper of your NAUTILUS before second month after your renewal.

WE AFFIRM that the basic truth of all religions is one. And that this truth — understood and applied — frees, heals and prospers the individual — HERE AND NOW.

NAUTILUS takes its name from the following verse from Holmes' poem, *The Chambered Nautilus:*

BUILD thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting sea.

The Word We have just received a series of three splendid articles upon the subject of The Word. These were written by M. H. McKean, D.D. The titles (I) The Power of the Word, (II) The Knowledge of the Word, (III) The Use of the Word. We think this is one of the most significant series ever published in Nautilus. The first chapter will come next month, THE POWER OF THE WORD.

What to Do Here is something that one woman has found helpful in getting results faster in the study of Truth. Dorothy May Knott explains her method in THIS I DO.

And Now We Shall Know! In July Nautilus Freda Veach Weaver will tell us just what her sister Betty did in the way of applying THE LAW OF PRAISE AND APPRECIATION. PART II

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WHAT WOULD YOU LIKE BEST

To See in NAUTILUS?

Here is your chance to vote on the kind of articles you like best in NAUTILUS.

And we shall select the kind of articles voted for in making up future issues, so far as practicable.

Just CHECK WHAT YOU LIKE on enclosed list:

I like articles about the subconscious
I like articles about prayer
I like articles about self-development
I like articles about keeping young
I like articles about improving personality
I like articles about self-analysis or Psychoanalysis simplified
I like articles on applied psychology
I like articles on success
I like self-experience articles
I like articles on winning love and companionship
I like articles on overcoming fear and worry
I like articles on being guided from within
I like articles on telepathy and psychic experiences
I like articles on curing frustration
I like healing experiences

Now What Would You Like to See in Nautilus in Addition to the Above Subjects?

We will give $10 for the best 100-word answer, written on separate sheet.

THE ELIZABETH TOWNE CO., INC.
Holyoke, Mass.

I vote for the subjects checked above.

Name.....

Address.....

AN INTERESTING INSTANCE OF SUBCONSCIOUS GUIDANCE

DURING the Boer War, Winston Churchill, the former prime minister of England, escaped from a detention camp in Pretoria. How he was guided to the only church in the neighborhood where he might receive help is told in the following extract from his book, "My Early Life."

The following is quoted from Mr. Churchill's book:

I realized with awful force that no exercise of my own feeble wit and strength could save me from my enemies, and that without the assistance of that High Power which interferes in the eternal sequence of causes and effects more often than we are always prone to admit, I could never succeed.

I prayed long and earnestly for help and guidance. My prayer, as it seems to me, was swiftly and wonderfully answered. . . .

Suddenly, without the slightest reason, all my doubts disappeared. It was certainly by no process of logic that they were dispelled.

I just felt quite clear that I would go to the Kaffir kraal.

I had sometimes in former years held a 'planchette' pencil and written while others had touched my wrist or hand.

I acted in exactly the same unconscious or subconscious manner now. . . .

I walked on rapidly toward the fire to my left . . . and . . . I saw that I was approaching a group of houses around the mouth of a coal mine . . .

Hard by, surrounded by one or two

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ANTAEUS

by

EDGAR DANIEL KRAMER

When I work in my garden
And break each crumbling clod,
Where roses lift their fragrance
And pixie pansies nod,
Although my eyes are blinded
With tears of bitter grief,
I find a mystic solace,
That passes all belief,
And soon my heart is flouting
Its sorrow with a song,
For, thrilling to the earth's touch,
Lo, I grow wisely strong!

Editorials

By ELIZABETH TOWNE

Out of the dusk a shadow,
Then a spark;
Out of the cloud a silence,
Then a lark;
Out of the heart a rapture,
Then a pain;
Out of the dead, cold ashes,
Life again.

— *John Bannister Tabb*

*

Seek Strength

Do not pray that you may have an easy time in life. Do not pray that all obstacles may be removed from your path. Do not pray that everything you want may be handed you on a silver platter.

Instead of this, pray for strength to overcome or dissolve or adjust to the obstacle. Pray that you may see the way by which you can use your own energy to get the things you want. Pray that you may put so much love and wisdom into your activities that you will attract the ways and means for realizing your desires.

If you could get all the things you want without effort, if the obstacles could be removed from your path without your doing anything to bring this about, you would soon get so weak and flabby that you could not take care of yourself. Strength comes from use of your own faculties. The source of your strength is God within you. God does not work through the dead, he works through the living. And this means he works through those who act. Activity means life. If you do not act, there is no life. As Emerson says, "Do the thing and you shall have the power." I believe that Emerson added, if you do not the thing, you will not have the power. At any rate, that is implied in the first statement.

Now it isn't really so hard as one might think to follow such a course. Just begin and you will find it becomes more and more easy day by day. The reason that it seems hard as we think about it is because we are naturally lazy. Man has come up through the lower forms of life where only so much effort was put forth as was necessary to live. Man desires far more than mere existence. He wants all sorts of experiences. He wants all sorts of things besides food. And he has the power to enjoy all these things if he goes about getting them in the right way. He will not enjoy them if he makes the getting of *things* the only object of life. It is the action put forth in getting the things, especially the anticipation of getting them, which gives him the joy of living. Once we get a thing, we go on to something else. Our imagination pictures something even better. This is what constitutes the real joy of living.

But you may say that you are 80 years old, and that it doesn't look easy for you to try anything new. It is true that you have an 80-year-old bundle of habits which tend to hold you where you are. But shucks! That simply means that you have 80 years

of accumulated, stored up possibilities for joy! In other words, you are negatively rich. Just turn your 80-year-old thought habits inside out and you will begin to reap results. I could fill this whole issue of Nautilus with the good things accomplished by people who started them after they were 80 years of age. There is the classic example of Cato who started in to learn the Greek language at 80. Surely you can find something to do that is a little easier than that and which will give you even greater enjoyment of life. Just spend a little time in looking about you to make up your mind what you would really like to do. I remember a self-experience article which we published many years ago. It was by a woman who always had a desire to turn somersaults! She got hold of this idea of doing the thing you like to do and she started turning somersaults after she was past sixty. She not only got pleasure out of doing so but she also loosened up some of her muscles and enjoyed improved health. We would not recommend this as a universal practice by any means, but there are other things which may be a little less strenuous for those who are high up in the list of years.

*

Understanding

UNDERSTANDING comes from God. The facts of knowledge are the historical facts of human experience. We find knowledge-facts in the dictionary, in history, in the various items of human experience.

But without understanding, the facts of knowledge are of no more value to us than the facts in the dictionary. They are of no more value than a roll of picture film without the projector.

"Get knowledge, and with all thy getting, get understanding."

And understanding comes from God, from life itself. Understanding is the moving picture that makes knowledge *appear* to live.

How can we get understanding? By asking of the Spirit of Life itself, commonly called God, and then *listening*. Listen until the Spirit gives you the understanding. It will surely come if you keep on listening expectantly.

Put your problem up to God. He alone is the answer. He alone is the real self — the life of you.

Get knowledge-facts out of the books of human experience. But put your questions up to God and then listen until you receive the answer.

Only in this way will you become a real thinker, a radiant sun of wisdom, instead of a moon reflecting the opinions and ideas of other people.

*

Feeling and Doing

IT IS not enough to *feel* enthusiasm for your aim. That feeling must be translated into action before you can reach your goal. One is just as important as the other. It is a grand thing to become enthusiastic about what you want. But it is just as necessary to start in and work for the thing you want if you are to get it in the end. Peter said, "If ye *do* these things ye shall never fall."

Now when you use an affirmation to help you get what you want, the purpose of the affirmation is not so much to make you *feel* like doing

what you must do as it is to set your mind in the direction of acting. Act and the feeling will follow on, if it is not already present.

If you get that letdown feeling now and then when you are trying to accomplish something, it is quite apt to be due to the fact that you no longer *act* toward the end you desire. Perhaps you are letting your mind drift instead of keeping it set in the pattern of action. We are all lazy by nature. We need a little extra nudge now and then to keep us acting in the right direction. That nudge can come through an affirmation. It can come through the use of the imagination. We can use the imagination to picture the benefits of the action we want to take. We can use it to help us feel the joy which this thing will bring to us in the end. We can use our imagination to paint brightly the joy which our action may bring to others — if the end is of such a nature as to warrant such use.

Such expedients will help us to keep on the road of action — the road which alone will take us to the goal we seek. Such expedients will help to keep up our interest in what we are doing. They will help tide us over when we become discouraged and turn aside from the chosen way.

Five or ten minutes a day — or several times a day — devoted to concentration upon these "helps" will keep our pattern of action before us. Do not let anything interfere with these regular daily meditations. No matter how you *feel*, go through with the motions anyhow. You will find that after a time the feeling follows. Interest will increase. Ways and means to gain your end will open before you. New courage will be given you. Take these daily periods exactly as you would eat your breakfast — something to be done every day as a matter of course. Give your mind a sort of mental housecleaning by this practice, just as you would clean your teeth. Sweep aside the rubbish of doubt and replace it with purpose — a purpose that is clearly defined by the mental pattern which you create and which you keep before you day by day.

If you have to get up fifteen minutes earlier in the morning in order to keep up this practice, so much the better. Your mind will be more clear and you will find that you will be well repaid for any time so devoted to your purpose. If you have to rise a little earlier, it will give you added self-control. And working out this self-control from within yourself will give you added power. It will help you to organize your time through the day so that you can work to better advantage and more effectively.

But try not to make the practice a

(*Please turn to page 29. Thank You!*)

Affirms the UNITED NATIONS *of the* WORLD

Opportunity

By ETHEL S. BICKFORD, ED. M.

Do you really believe that Opportunity knocks but once? Read history, read biography, look at the people around you, and you will know that "They do me wrong who say I come no more."

Let us consider a few simple rules which will help you in Beginning Again.

In the first place, *ease the tension under which you are living*. Remember, there are only twenty-four hours in the day for *everyone*, rich and poor, young and old. Look at your clock, or at your watch. It ticks off *one* minute at a time. So is it with your life. You can do only *one* job at a time, you can face only *one* problem at a time, you can make but *one* decision at a time.

In the second place, *do not expect undue attention or expressions of approval from other people*. We have to accept early in life the fact that we seldom receive the praise or the appreciation which we think that we deserve. Let virtue be its own reward. Children unabashedly demand attention and get it, but we are grown up!

Thirdly, *be careful what you say to yourself!* If you have a hard problem to solve, a difficult situation to face, do you say, "I'm sure I can meet my problem" or "I'll never make it?" When Beethoven felt deafness coming on him, his first impulse was to talk to himself in a pitying, defeatist manner. Then he said: "I will seize fate by the throat!" And he had mastered his handicap. Will you talk yourself into personal victory or personal defeat?

Fourthly, *learn something new*. It may be as simple or as complex as you have the time and the ambition to make it. Dr. Thorndike, the psychologist, declares: "We have discovered a strong array of facts indicating that mature men and women can learn almost anything they want to. Adults are plastic and teachable in every mental function."

Fifthly, *do the best you can with whatever you have to work with, where you are*. It's the poor workman who is always complaining of his tools. It's the unresourceful person who is always going to do something if only the right conditions can be had, and the right time comes!

"As a man thinketh in his heart, so is he." If we permit ourselves the self-indulgence of dwelling on dark thoughts and on negative images, we weaken ourselves immeasurably. If we will but concentrate on positive thoughts of hope and courage and faith, we shall enter the time of Beginning Again with radiance and fortitude.

Not what we have, but what we use;
Not what we see, but what we choose —
These are the things that mar or bless
The sum of human happiness.

— *Clarence Urmy*

The Power of Praise and Appreciation

{Part 1}

By FREDA VEACH WEAVER

THIS IS the true story of the successful experience of my sister, Betty.

You see, Betty was bored. Life seemed to her to be dull, uninteresting. In fact, she felt it was hardly worth the effort to go on living. There was none of the overflowing vitality in Betty that we expect in a young girl of twenty years. She was apathetic and passive. Still and all, she had much in the way of worldly things. She had a fair job as a stenographer. She came from a nice family, had graduated from high school, belonged to the church and was an active member. Betty was a nice looking girl too, and wore her clothes well. In short, she seemed to have everything necessary to happiness; but still she was far from happy. Her older sisters, Mary and myself, were concerned about her.

"What she needs is a hobby," said Mary. So she introduced Betty to photography. She quickly became skillful and seemed to get a mild satisfaction from the pictures she made. But unless some one urged her on, she never went ahead alone. So we decided *that* was not the whole answer.

"Why don't you like your job?" I asked her one day while we were having lunch.

"It seems there is no future in it," she replied. "I have gone as far as I can go in that office and there I stay. I would hate to spend the rest of my life doing what I am doing now." She turned her head and gazed out of the window.

"How about your social life, your friends? Can't you develop something there?"

"All the girls I used to go with are married and have different interests than mine. I don't know any boys. And if I do meet any at church they hardly notice me." She turned her head and looked at me. I could see her misery and despair. But she abruptly turned away again to hide what I had already seen.

"Do you know what I think?" (I tried to sound cheerful) "I think your personality needs overhauling."

"I can't help it because I am like I am," she answered listlessly.

"O yes, you can." I spoke bluntly as members of the same family will speak to one another.

"If you can tell me how it can be done, I'll do it. But I don't know how I can be any different than I am. I was born this way." Her desperation was getting out of hand.

"O no, you weren't born to be this way. You were born to be happy, to go places and do things and have fun and make other people happy. You were born to do useful work and be glad that you can do it. You weren't placed on this earth to just grow up and die like a vegetable. I'll tell you what I'll do, I'll make up a list of things for you to think and do. If

you will promise to cooperate and carry out this plan for one month, I'll guarantee you will feel better. If you don't feel better, then you can give up the whole thing. How about it?"

"All right, I'll do it." Betty seemed a little curious. "What is it?"

"Let's don't tell anyone about it. It will be our secret."

"Sounds mysterious, what is it?" Betty asked again.

I pondered a little bit and then I answered, "Let's call it a practical course in Praise and Appreciation." I pulled an old envelope from my purse, also a pencil, and made a short list of things for her to do. This is the list.

1. On awakening in the morning, thank God for all the good things you can think of.
2. Sing while you dress.
3. On your way to work, smile at everyone you look at and speak a few words to every one you know.
4. Every day say a word of appreciation or praise to at least three people.
5. At night just before you go to sleep, pray and thank God for all the good things that have happened during the day and ask for guidance to a purpose.

I handed her the notes and as she read them we discussed each item at length. When we left the lunch room she was still skeptical but willing to give the plan a trial, for a month at least. Next month I will tell you how the plan worked out.

(To be concluded)

FROM AN OLD SCRAPBOOK

By ONA LACY HUNTER

Of course life is worth living! Picture the beautiful things that can happen to anyone . . . a majestic sunset or sunrise; the stars on a clear night; the sound of rain on a roof; the perfection of a flower; a story; a vibrant human voice; the making or doing of a useful thing; an understanding look in another person's eyes; the grip of a friendly hand; the sense of a destiny shared with others; the certainty of not being utterly alone, even in the loneliest of worlds.

"To be thankful for the morning sunlight, for your neighbor's smile, for the pure sweet air of heaven; to be glad of the day's work and the power to do it; to be contented with what you have; to live each day better than the last . . . surely this is the road to Happiness!"

The above paragraphs are from an old scrapbook of mine. I cut them out of an editorial page of some magazine published years ago. I do not know the author's name but the sentiments expressed are so timely and worthwhile that I desire to pass them on to others.

In our mad rush after the big things, money, power, social standing, we are so inclined to overlook or to discount many of these commoner things of life that offer the richest satisfactions. It is important today, when so many of our ideals are threatened, or are destroyed, to keep our thoughts focused on the right things . . . the simple, homely things about us which God has provided so bounteously for our happiness.

The "Law" of Failure

By PAUL ELLSWORTH

LAST MONTH I wrote of the way of demonstrating by the use of the God-power within you. Now I want to tell you about something easily overlooked, usually overlooked, by metaphysical students.

St. Paul said, "I find a law that when I would do good, evil is present within me." And the Bible also says, "As a man thinketh, *in his heart*, so is he."

In other words the evil present within St. Paul was the evil — or lack of true understanding — in his "heart." For heart, in modern language, read deep, or noetic mind.

The method of getting down into this deep mind and, from that center, creating an immaterial wave pattern which will in turn create the thing or condition you want is simple. Refer to last month's *Nautilus*. What you do is to relax, turn within, key yourself to the deep level by thinking about God and not thinking about the world: then stamping the pattern by visualizing and affirming. When you go back into the world, your pattern will begin to work.

But you must work with it — no, wait a moment, I don't mean that you must now get out and hustle and really get what you want by the old fashioned hard work and perseverance. It is not by might or by power that this demonstration will come to you — but by God's *Will*. He lends you His Will to work with. What you are to do, to cooperate with the pattern, is to *think* right from now on, with your surface mind — and *act* right.

And the thing that will make this difficult is what you really believe, in your heart, about the nature of the world and particularly about yourself. For, remember, there is an immaterial wave pattern of you, just as there must be of the things and conditions you want to see come into visibility. You have probably lived all your life up to this time without really knowing what kind of pattern of yourself your heart is holding.

Now you must find out, and — probably — change it. Otherwise you will be working in the Silence — a few minutes or an hour or two — each day, to create something which your self-pattern believes you can never have.

Did you ever know a man who was genuinely "lucky"? I have — several of them. These men always "got the breaks". No matter how they were thrown down, they prospered. Toss them out of a balloon and they would land on a feather bed in a field of diamonds or gold nuggets. I have talked to some of them — I was private secretary to one of them.

And this man believed *in his heart* that he was destined to succeed in anything he undertook. No matter how things looked, you could not make him believe that anything he didn't want was coming to him. And I have seen eleventh hour miracles take place, to justify his belief. He believed in his heart that he was

created for success.

But most men don't believe in any such "nonsense." They know that what happens is all due to cause and effect — both of which must be strictly materialistic — or to statistical mathematics. So most men have to depend on materialistic cause and effect, or on the mathematics of chance, both of which are very poor helps.

To find out what you believe about yourself now, go into the Silence, as described in last month's *Nautilus*. Relax, key yourself to God, then lie quietly trying to imagine yourself going ahead as you want to, having what you desire. Is it easy — or do you keep wanting to know what this and that failure, *in the past*, meant? If this law works, why didn't it work *then?*

If you discover any persistent doubt like this, it is part of the pattern you have made of yourself, in your heart — where it has irresistible power over *you*. If you are capable of thinking of yourself even for a moment as poor, or sick, or anxious, or unhappy and unfortunate in any way, you have a bad pattern and must correct it.

Daily use of the method described last month is the first step. Then, when you go from your closet into the world, you must close the door for the time on specific affirmations and prayers. Compartmentize your life: you have prayed, now go out and work.

But do it right, without fear or doubt. Think right and act right and ignore feelings, emotions, etc. Do your work as nearly perfect as you are capable of doing it. Be a good neighbor — by being kind and easy to get along with; by lending a helping hand when you are sure it is needed and wanted. Otherwise, learn to mind your own business.

And that means, don't read crime stories in the newspapers, don't listen to accounts of disaster over the radio, don't recognize any form of trouble or "evil." Just as the chairman at a meeting doesn't "recognize" the intoxicated man who wants to break things up.

Come out and be separate — from evil, from disaster. In the Silence you have created a pattern of harmony and success. As far as you are concerned, that pattern will work — if the thoughts of your heart, as daily renewed by what you allow to get into your top mind and filter down, do not stop the demonstration.

So there you have it. Go into your closet, get down into the deep mind or heart by thinking of God and not thinking of the world. Make your decree. Go out into the world and do your work on the basis of this law of creative success which you have begun to make.

Repeat the pattern each day in the Silence. Don't try to work at it a minute or two at a time *in the world* — because this work would be done from the surface mind level.

Think about God, if you want to — thank him for being with you — but do your real pattern-making only in the Silence.

And, finally, make your eye single by learning to know past argument that you will succeed, because God wants you to succeed. Learn to know this in your heart.

All Kinds of Chickens Come Home to Roost

ANONYMOUS

It is a real joke in our house — "Your chickens will come home to roost." But it is a joke for which we have great respect. It has been so true in our home.

And now let me tell you about a few trivial instances where we actually saw this old saying work out in life. (Like many an old saying, this has a real foundation in the fundamental truths of life.) But just bear in mind that this saying works in the more serious things of life just as it does in the trivial ones.

Now here is the first "chicken": My husband had been a widower for about eight years when we first met. He was a confirmed bachelor. In fact, he was something of a "woman hater". He came to our town from one of the eastern states. He soon saw his fellow workers meet and fall in love with and finally marry women from the South. He "rode" these men unmercifully about how they had to mow lawns and wash dishes for "dames". And later on, after they were married, another favorite joke was about their not having as much spending money as when they were single. He teased them about having a "dime a day" allowance from the little woman! Of course, this was all in fun — all good natured teasing. And luckily the men took it just that way.

Then one night at a party we first met. At that time, my husband had been in our city for about eighteen months. He had never gone out with any of the women he had met. Maybe he was afraid of ending up the way his fellow workers had. But the next day he called me and as I had liked him I made a date to go out with him.

To make a long story short, we met in July and my house had a large lawn that needed attention. It was a real chore for me to keep it trimmed and the grass cut. As I worked from eight to five, the only time I had to mow the lawn was in the evening. Well, I had not known my future husband for more than two weeks, when one evening I was busy mowing the lawn and he drove past the house. He was on his way home from work. He stopped when he saw me and the upshot of it was that he finished the mowing for me! Some of his fellow workers saw this unheard of action on his part. You can imagine what happened to him the next day!

Shortly after this event I invited him to dinner one evening. I cooked the dinner myself as we were both a little tired of eating in cafes all the time. While we were doing the dishes, he with a ruffled apron on, one of the men from his department came to the door to give him a message. (They both worked in the same plant.) It just happened that the man who brought the message was one of the fellows who had been teased by my husband-to-be about

washing dishes for his wife. Well, you can guess that here was another chicken that came home to roost!

Then we were married. In spite of the fact that my husband had many times affirmed that he would never let a Southern belle rope him in! The real climax regarding the chickens that came home to roost occurred when one of the factory workers passed away. The men were making up a fund for flowers for the funeral. When they got around to my husband, it turned out that he had just ten cents in his pocket! He had left his purse at home.

So we have decided that "chickens" do really come home to roost. And that this is true of everything we do and say or even think. My husband feels that he is lucky that all his talk and teasing with his fellow workers had been in a happy mood — good natured fun. He had never meant to harm any one by his teasing. Had he been malicious in the spirit of what he said, that too would have come home to make him regret it later on. As it is, all his "chickens" are nice ones and he doesn't mind their coming home to roost.

When I was a child I used to love to bounce a rubber ball against the side of the big red barn at home and then catch it. If I threw the ball very hard, it would gather enough force to sting my hands when I caught it on the rebound. Be careful of your thoughts and of your words, lest they too, like the ball, gather sufficient force to return with a sting that will be unpleasant.

Give Your Prayers a Heart

By JUSTINE HUNTLEY ULP

It is strange that so often the most vital factor in success in prayer is overlooked. Much time is spent on control of the mind, concentration, affirmations, etc., while this vital thing is left out. And the thing overlooked is the very essence of prayer. It is your heart or your true feelings. The simple and fundamental truth is that you must put your heart into your prayers to get results. The realm of feeling is a great and powerful realm. And that which you think of, concentrate on, and affirm *with feeling*, will be most apt to come into your life. A prayer uttered mechanically, without the great power of divine love behind it, is a dead and lifeless thing. Make your prayers live and breathe with vibrant feeling. Give them a heart.

Watch yourself and you will see how many times you will say aloud, or think with great feeling, "I'm so tired; I'm so depressed; I'm so discouraged," or other negative statements. It seems to be very easy to put the heart into these negative thoughts and affirmations. To do so makes them begin to come alive at once. Thus you succeed beautifully in demonstrating what you don't want.

Wouldn't it be worth your while to put just one iota of this power into positive affirmations and thoughts? That which you believe in deeply will tend to come true. But you cannot believe in something without having a feeling about it. To feel positively, to know and trust with the heart as well as the mind — that is to truly believe.

How is it possible to awaken a deep feeling in prayer and thus produce true demonstration? It is a matter of constant practice, but there are three very definite things that you can do.

First, write your prayers down on paper; look at them; become acquainted with them; think of them lovingly until they seem to become your friends — a true part of you and your life. Abstract prayers are apt to drift aimlessly about in the mind and become only wishful thinking. But when prayers are given definite reality, then they begin to take on form and color. They become completely known and loved. And we always trust and believe in the things we know and love.

Second, set a special time aside each day to give to your prayers. Friendship needs constant renewing to make it a strong, vital and growing thing. And so it is with your prayers. If you expect the bond between yourself and your prayers to be worthwhile, you must devote some time to them just as you devote time to friends who are close to you.

Third, love your prayers with an unselfish love. Do not bind them with a possessive feeling. Do not hold them jealously to you for fear you will lose them, for then you most certainly will. Real love never binds, but sets free. Release your prayers that they may find God. Place them in his keeping as you place your dear ones in his keeping when you ask God to bless them.

If you will give this kind of attention to your prayers, you will build up a very real feeling towards them. No longer will they seem cold and unreal to you. Make friends with your prayers and your prayers will make friends with you. The difference this will show in the results that you produce will be miraculous. Give your prayers a heart — *your heart* — and watch them leap to life.

ONE KIND OF HUMILITY

Shall we say heaven is not heaven
Since golden stairs are rugged and uneven?

Or that no light illuminates a star
That swings in other regions than we are?

Deny with soured breath enduring God
Because we cling so rankly to the sod?

No. Cleanse with weeping, fasting and with prayer
Praise God. Look starward. Mount the stair!

— *Jean Starr Untermeyer*

"I Just Went Along"

By U. S. AULTMAN

JUST the other day she reached the age of 104. Some one asked her for the secret of her long life — a banal question — or wasn't it? Anyhow, the answer was NOT banal. She smilingly said:

"Oh, I just went along."

There is a world of wisdom in these words. They show for one thing, that she let nothing worry her. She took the bumps as they came. She did not run to the doctor at every slight pain or consult a psychiatrist over bad dreams or premonitions.

She "just went along."

In this modern age, too many of us resist the unavoidable and often find ourselves facing an insurmountable barrier on the road of life — a barrier around which there is no detour. We find it necessary then to turn back in despair. Or else, we just stand there, moping and blaming humanity or God for barring our stubborn, self-willed progress.

We should recognize these mental barriers for what they really are — signs of danger ahead. We know a man who, maddened with jealousy, boarded a train for a nearby city carrying in his pocket a loaded pistol, with which he intended to kill his rival.

The train was delayed by a wreck in which several people were killed. This man joined in administering first aid to the injured. He forgot his "pet peeve," as he later defined it, and returned home. Strangely enough, in less than six months afterward he married another girl with whom he has lived happily for many years.

This man's barrier was a blessing — not only to himself but to thousands of others. This incident marked a turning point in his life that made of him a leader in the inspirational field.

We have those who teach that one should develop a positive mind attitude and surge forward "in spite of hell and high water." However, we eventually learn that a positive-mind attitude produces only when it is guided by the Love-principle. This means that along the road of life our thoughts and acts must be charitable.

After having reached his goal, it gives no one real soul satisfaction to look back over life's road and see those who have been trampled to death in his mad rush.

A recently dethroned dictator had such a philosophy. He cared not how many people were killed in his zealous march to victory. He finally lost not only his cause but himself. Had he just gone along and used his talents as a leader to build, rather than to destroy, he might have been a real benefactor to his people.

We need not be negative in our thought and conduct. The lady who reached the age of 104 did not embrace the "worm of the earth" attitude. She "just went along," cooperating with life, rather than resisting

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Success is Within the Skin

By SHELDON SHEPARD

DESIRE for success is one of the main driving powers chosen by the Creator for the progress of the race. It is a holy and ordained part of the program of human life and growth. No one should believe himself when he claims not to be interested in success. If he makes such a claim, he has just taken a different definition, put a new label on his aim and set out to achieve his goal by denying that he has any purpose at all.

Like every other power, the drive for success is dangerous when misused. Before we knew how to handle the strange forces, men and women working on luminous dials died from the effects of radiation. Even now, no one is yet allowed near the lonely place where, in 1945, an atomic bomb exploded in the New Mexico desert. Yet radiation is one of the bases of humanity's high hopes. Misunderstanding of the nature of success and ignorance of its laws, are prolific producers of misery among men. Countless persons are doomed to failure by their own false interpretations of success. Yet this innate urge is divine direction to the spirit of man.

There are two misunderstandings which cause many complexes and much unhappiness, which lead to strife and crime. One is the widespread error that success consists in having everything the way we want it. Remember the man who died and went to the pleasant place? There he had a nice house, fine food, people to wait on him — everything just as he wanted it. But he soon tired of the monotonous pleasantness and asked for a job. He wanted something to work at, something to make right.

"Oh, no," he was told, "we don't have that here. There is no work, nothing to make right, no problems to deal with; nothing ever goes wrong."

"My goodness," he shouted, "I'd just as soon be in hell."

"Well, where do you think you are?" was the surprising answer.

Psychologists, studying the nature of the personality and of success, have come to believe that the successful person, in the sense of his sum total of satisfactions and in genuine security, is one who can obtain self-expression out of dealing appreciatively with things as they are. He is, indeed, sometimes the one whose affairs seem to be going wrong.

A hopeless cripple, who had learned to deal appreciatively with conditions he met, was asked if his affliction colored his views. "Yes," he answered. And then he said with a smile, "but I make the colors."

The second misunderstanding of success I wish to mention is the opinion that success consists of superiority, in being more favored than others, or more honored or "better off." This opinion is a gnawing cancer at the heart of happiness and true success, for it can never be satisfied. It produces a sense of competition and separateness, growing by what it feeds on, destroying the

very roots of peace and satisfaction.

A fellow student who graduated from law school with me was obsessed with this interpretation of success. As a boy, he would not play a game which he could not win, or join in group games in which he was not captain. When he was licensed to practice law, he would not work in an established office where he would have to be under any one's direction. After a few years' practice, he inherited $500,000 and everything was fine for a while. He really felt successful. But when an acquaintance struck oil on his farm and received royalties of $100,000 a year, my friend was uneasy and felt like a failure. And that he was a failure rather than a success was shown when, during the war, the business he had inherited became involved in scarcities and wartime regulations so that tact, patience and understanding were required to keep it in operation. He suffered a nervous breakdown, went to a sanitarium and had to be away from all work for more than two years.

Experimenters in the field of success psychology have come to the conclusion that they can tell by certain personal tests whether or not any person at a given time is "a success." To a person riding the tides of good fortune they might say, "No, you are not a success, you are insecure. We fear that sometime the foundations of your apparent success will crumble." To one laboring under the burdens of a difficult situation, in circumstances bearing the label of failure, they might say, "You are a success; don't worry; sometime you will discover that you are and you will rejoice."

They do not regard as a successful, secure person one who has everything the way he wants it, or one who rides high above his neighbors. The *truly* successful man is one who *lives* successfully. Sometimes it is the individual who meets defeat, but accepts it in a successful manner and goes ahead to victories bigger than his losses. What the psychologists say is that success consists primarily in making oneself a person who is not subject to a sense of frustration. That is, success lies in the *feeling* of success, in the awareness of accomplishment, in enjoyment of victorious living. A million dollars won't bring it, but may leave the heart as empty as the beach in a blizzard. Fame won't bring it, nor anything but personal growth, the attainment of maturity. This concept provides the starting point for success for every one. Other attainments and evidences will come later. But first: make of yourself a person who is not subject to a sense of frustration. Success is within the skin.

A GREAT DEAL of discomfort arises from oversensitiveness about what people may say of you or your actions. Many unhappy persons seem to imagine that they are always in an amphitheatre, with the assembled world as spectators; whereas, all the while, they are playing to empty benches.

— *Arthur Helps*

The New Way to Impress the Subconscious

By DORTCH CAMPBELL

THERE IS nothing good or bad but thinking makes it so." But do you make your thinking vivid by using imagination in action? If not, your thinking is not sufficient unto the day and the evil thereof.

Thinking plays an important role for weal or woe. A wealthy manufacturer of my acquaintance whose vitality had run down discovered that by thinking he could make it so. As he sat in his office each day he suggested to himself, to the rhythm of the clanking machinery of his nearby plant, that he had regained vitality; and the system worked. Another friend of mine who was in wretched health and could not sleep sent himself into sleep and health by suggesting to himself, when he retired for the night, that he was hale and vigorous at an age when too many persons shuffle off this mortal coil.

But the subconscious mind will not always believe and behave. John Gary, brilliant barrister friend of mine, found this out after trying all the systems of suggestion when he broke down in health at fifty-five years. Well, the fault is not always in the stars or the instinctive mind but in ourselves that we are underlings. We use the wrong method to impress our deeper selves with what we want. The genesis of most diseases, and probably all, is surely in wrong thinking, working in two ways, first in causing us to neglect health laws and then again by sending to the deep mind wrong suggestions by the manner of life we live.

"John Gary," I said, "as a man thinks *vividly* in his heart, so is he. You cannot think vividly unless the imagination goes into action."

John merely shrugged his shoulders, and waited.

You can impress your subconscious mind to do your bidding, to bring you health and success and happiness, in only one way and that is to act or live the part for your mind's acceptance.

Too much artificiality in your system, I told Gary. The program of life, observes Charles Wagner, Alsatian philosopher, is terribly simple after all. "Gary," I added, "life is a challenge. We grow strong by accepting its challenges. Do vital things and your thinking will be vital and the subconscious mind will weave a pattern like your thinking." He sighed, "It sounds reasonable."

Gary when a young man was handy with tools. He had worked as a carpenter, and was always telling Rotarians he was happiest when build- a house, liked to be out in the open doing artistic things with his hands. But the law had taken his mind away from his youthful hobby. Here was light for me, and so I told him, "Go back to building. Outdoor life and doing what you want to do will be a

constant suggestion of health and well-being."

I perceived that he became mentally alert to what I said because his imagination was fired by the idea, as images came as to what he might do gloriously. He went out and built and in the years that followed became hale and vigorous.

I want you to realize that so far as I know there is no more potent system of thinking and suggestion than the active play of the imagination, when we live as we should and as we want to live. When thinking goes awry the flaw is not in the instinctive mind, always ready to do our bidding, but in the way we psychically impress deep levels of the mind.

Healing works from within and it also works from without impressively. Here was a man who fundamentally *believed* in the virtue of natural stimuli by Nature from without. His subconscious mind was impressed by the idea that an outdoor life by itself would restore health. His imagination also flamed with thoughts of what he most of all wanted to do — to build and paint and make artistic homes.

With Pythagoras, I think he actually perceived that human life should endeavor to approach to the harmony of Nature, assuming that Nature is in uniformity with the will of the Deity, which is actually a fact. My suggestion was also taken up by his subconscious mind and acted upon.

Life gives more powerful suggestions than any mind. To loll and try to suggest and sleep yourself into health or success is easy, but the subconscious mind retains the wisdom of the ages, and it will refuse to take cognizance of sloth and inertia. You can tell the instinctive mind to do the right thing all night long with some profit, but what do you propose to do on the morrow?

Man is indeed a strange creature, built up of atoms and component parts, with a mind so liquid that it is swept along with succeeding currents of thought. Man detests physical action; he philosophizes about life, but rarely uses it save through necessity. He tells himself that life is all too short for the leisured acquisition of knowledge. He does not realize that there is no knowledge except that which is lived. So he unconsciously accepts the shade of some philosophy, or way of life that meets his whims, to which he is attracted by accident or caprice. Man is too much of a drifter. For material discoveries, or inventions, he seems to possess in some instances a voracious appetite, but spiritually he remains in the dark ages, accepting without question outworn modes of thought. There are very few true philosophers. An Edison or a Burbank now and then comes to give us pause. Would there have been an Edison or a Burbank if they had merely accepted the theories of pseudo-scientists? The Sun-Crowned live their ideals. They work patiently, plodding; they experiment, and by living research they learn what is false and what is true. Sometime such men who work as the scientist will give us a metaphysics that will stand every test of time. Their master minds, vivid and vitalized, will with the imagination leap distances, achieving a new philosophy of life. They will cross that chasm that must be bridged before Truth shall be heard around the world.

New Thought is taking us into the vital psychic philosophy of the twen-

tieth century. The aesthetic principles of the Christ, effete to a large extent because of dogmatic drainage, are already becoming clarified. Even now we are beginning to learn the mechanics of prayer by which our pleas are impressed upon the subconscious mind and finally find their way to God. We are sifting ideas, trying them out in the crucible of life, with a progressive discontent. Thought that is actually new is on the eve of great discoveries.

Companionship—How to Have and Hold It

By GODIN V. GREENE

TO OVERCOME loneliness, to find lasting companionship, make certain that your love flows TWO WAYS: in and out. And do not forget the "out". Any normal person may rise above loneliness if he will recognize and accept the constant, abundant inflow of God's infinite love and, since that love is in full measure, "pressed down and running over," at the same time allow it full expression through his acts — those acts that enter and affect the lives of others.

Craig Newton (which is not his real name but will serve the purpose of this article), was a student of New Thought and various metaphysical journals. He had succeeded a number of times by the use of the spiritual ideas he was studying. These successes included increased finances; the unexpected and successful settlement of a court case; greatly improved health and entirely new and better conditions of harmony with certain relatives.

However, there was one vital thing missing from his life — feminine companionship. Morning and night Newton continued his prayers for daily guidance, for divine protection, and for good health. For some reason he did not think to include in his prayers this one desire that was so greatly necessary to his happiness — and the happiness of *at least* one other person; i.e., the desire for true and lasting companionship.

One morning Newton woke up bright and early. He was impressed by the thought that he had entirely overlooked prayer as a means of solving *this* problem, too. At once, he began to include in his morning and night silences, or prayer periods, this thought: "Father, I also thank thee for thy constant guidance towards the true and lasting feminine companionship that I so deeply desire; for thy leadership in directing my affairs to the end that I may have a true, permanent love life and union with my right mate, in perfect ways, under grace and in thy holy name. Amen."

Newton began adding this Truth

statement to his twice daily prayers about the middle of May, 1947. During the month of June, he kept up his reading on prayer and continued to use the new affirmation in all of his silences.

Now recall that this new addition of words to his regular twice daily silences was started about the middle of May. There was no apparent physical progress during the month of June. But Newton kept up the new addition to his prayers on regular schedule, without interruption, and made a particular point of holding no anxious thoughts. He realized that there could be no possible reason to hold anxious thoughts for the morrow; in addition to biblical advice along this line, Newton was daily growing in the consciousness of his unity with divine love, and he knew that all things spiritual (for complete expression) must necessarily have a physical counterpart. So, he felt that there was no cause for worry about the future.

Then on the evening of July 4th, Craig Newton felt a particularly strong urge to watch the fireworks display. It was put on by the American Legion at a neighborhood stadium. The pressure of work up to the 4th, however, had been such that on the previous day he had decided not to go to the display and gave away his ticket. So, the night of the 4th found him in his apartment, relaxing, two blocks away from the stadium. As darkness fell he heard the first reports from the fireworks and felt impelled to step out into the back yard for a better view. Then he felt a strong urge to go up a back stairway to the rear porch of a higher apartment — that of his landlord — where he might see the fireworks more completely.

"To all outward appearances," Craig later reported, "this urge would appear to be merely the result of a desire for a better view of the exhibition; but such was not the case. In the first place, I was really little interested in the fireworks or I would not have given away my ticket to the stadium. Secondly, I had seen the identical series of 4th of July effects for three years previous and they were 'old stuff' to me.

"But there was this odd and most unusual urge to climb up another flight to a higher porch. To save time, I will merely report that I saw very little of the display. On that higher porch I met an unattached and most attractive lady in my own age bracket, newly arrived from the Midwest, and spent the evening in conversation with her. By the middle of August, we were engaged. By the middle of October, we were married.

"Had anyone told us that in such a short space of time we would be married, we would have considered it ridiculous beyond words. Yet the deep desire for a true companion was the greatest longing of all at the time. I believe that concentration upon just one thing — the deepest desire — tends to eliminate the scattering of one's spiritual forces, thus bringing about a speedier materialization of that desire."

And now, looking back over many years of metaphysical work, this writer cannot avoid noting that the important points in the achievement of any worthy goal, any lasting accomplishment, the solution of any important problem, include:

1. A *deep* desire or great longing.
2. Physical steps taken regularly and conscientiously, towards

the accomplishment of this desire.

3. Spiritual steps (sincere and regular prayers, affirmations, constructive thinking) backing the physical steps in recognition of the fact that the spiritual and the physical are counterparts of each other and, therefore, should go hand in hand.
4. Expressions (through prayer) of thanksgiving, gratefulness, that the deep desire is now becoming a perfect and complete reality.

And, when the deepest desire happens to be for companionship, we should make certain that we have love flowing *two ways:* in and out.

How to Find the Secrets of Strength

By MARY McGOWAN SLAPPEY

DID YOU ever think how wonderful a thing an arch is? It took men centuries to develop the principles of ribbed vaulting, pointed arch and flying buttress that made possible the magnificent Gothic cathedrals of six hundred years ago.

And yet some of these same principles were written in God's world all the time. The human foot is made in a series of arches. These arches make it possible for the feet to support the weight of the entire body.

It is wondrous indeed that by a system of thrusts and counterthrusts and reinforcing strength, the Gothic cathedrals could rise to such heights. The marble temples of Athens were beautiful; but the beauty of the Gothic cathedrals showed a rising spiritual strength — the religious fervor of the builders. Some of these cathedrals took a hundred years or more to build. Inspired men and women carried stones in wheelbarrows year after year. And patient craftsmen worked with small pieces of stained glass, red and blue and green, to make pictures of saints and apostles and angels. As one looked at the blues and reds of this stained glass, they seemed to sing together in a harmony of purples; and the glory of them seemed quite enough to lift the onlooker up to heaven itself. Here one could feel that the quest for immortality was a bright rainbow that indeed led to eternal life. Here the longing for immortality of the early Egyptians, and of humanity through the ages, seemed consummated in a triumphant affirmative faith.

Yes, it is miraculous that humanity could thus express, through engineering prowess, such a spiritual victory as the rising arches of the Gothic cathedrals. But is it more miraculous than God's design that enables human beings to stand erect with that erectness that gives them dominion over the beasts of the field and the fish of the sea? Yes, the

Gothic cathedrals are wonderful; but not more wonderful than the myriad stars and other planets of the universe in which our small globe of an earth revolves.

You will recall that the Wright brothers, through faith and persistence, conquered the principle of flight. But the principle was in God's world all the time. Near my home, in the spring, white-winged birds like symbols of peace may sometimes be seen, for God has given them wings. And to me, these and the bluebird that swoops down into the snow, a harbinger of spring, are just as astonishing as the silver airplanes that sail overhead.

No man yet knows all the secret strengths of the universe. Yet, some of these secrets have been won for the use of humanity. The builders of the Gothic cathedrals were more than dreamers of dreams. They were practical engineers, achieving new triumphs in engineering, triumphs that were to lead to the skyscrapers of our own day.

Cathedrals must be buttressed where the thrust of the vault is concentrated, that is, at the point of greatest strain. Thus, one principle of strength, of ability to rise above difficulties, is to reinforce the weakest points. You can apply this to your life. It's very simple.

Never say you can't. The other day, in the heart of our nation's capital, I stood on a streetcar platform in the midst of swirling traffic, thankful that I had made the platform safely. That traffic is quite dangerous, I thought. Then, I glanced up to see a saintly looking old gentleman in a white linen suit. He carried a white cane — the badge of the blind. He, too, had made it alone. But how much easier it had been for me with eyes to see. No one else seemed to notice him and I saw that he was trying to find out what car to take, and was tapping with his cane to be sure of his footing. How grateful he was when I helped him onto the right car. I had come from an art gallery full of pictures. But he, in a world of darkness, had only shining visions for company. Milton, who wrote of paradise, must have been such as he. Then there was Blind Homer who put the golden shields of Iliad into enduring poetry.

Ah, how many of us have eyes and do not see. We are shy or tired or lonely and it never occurs to us to reinforce our weakest point — to do what must be done to make ourselves strong and our lives effective. In almost every biography of a great person, you will find that some great handicap was overcome. The overcoming of the handicap, the buttressing of the weakest point, was the secret that gave strength.

There is no vision more radiant than the vision of shining, fairylike, mystic palaces and of rising arches leading on and out to the joy of white sunlight. We get some of this vision in Shelley's view of life as a "dome of many-colored glass staining the white radiance of eternity." We feel it often in Keats' poetry. And we see it again in Coleridge's dream of the stately Chinese palaces of the ancient Kubla Khan.

We get this vision even more plainly when we read the words in Scripture: "In my Father's house are many mansions. If it were not so, I would have told you."

Yes, though Jesus' earthly abode was as lowly as a manger, his heav-

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Views and Reviews

By WILLIAM TOWNE

To Win People

How does one go about getting folks to respond to him? How does one win friends? How does he make sales for his products if he is a salesman?

Well, one good way is to always try to enlarge the other fellow's ego. A little compliment — if it is well founded in truth — goes a long way in getting the good will of any person you may approach.

For instance, I knew a young man just out of college who sold a year's contract for a magazine advertising page of a nationally advertised product just by paying a graceful compliment to the agency which produced and placed the advertising. Thousands of dollars just for a compliment.

But even stranger things have happened. There was the case of a presidential candidate who lost an election because he had snubbed a certain state politician. You see chickens *do* come home to roost — just as our anonymous contributor on another page tells us in this issue of Nautilus. In the case of the presidential candidate the election hinged on one state. And that particular state was the home state of the snubbed politician. Just a little more attention paid to the politician who later held the destiny of the presidential candidate in his hand would have changed everything.

A few days ago I read a story in which was described the way in which a little dog enlarged his master's ego. Every night the dog met the man when he returned to his home — met him with loving and enthusiastic greetings. And so, every night the man felt himself a hero — to his little dog. Every night the man's frustrations, accumulated during the day, fell away from him for the time being. He lived in a new and different world — a world in which he was a very big frog in a puddle — even if it was a small puddle.

To win another person to your side, you need to reach out to him in sympathy — you need to let life flow, as Professor Dillaway would say. Too many repressions and inhibitions keep life static and the one who indulges in such habits of thought and practice is in no condition to enlarge the other fellow's ego. He is too self-centered. Life must flow if you are to make any real progress with the one you are attempting to influence. If your smile is false and there is no real feeling behind it, you do not reach out and impress the other person favorably. They know you are a windbag and a bluff. "A man cannot speak but he judges himself", says Emerson. And in another place, I think, he says something to the effect that what you are speaks more loudly than what you say.

People love and are attracted to that person who warmly and quickly responds in conversation. Who takes a real interest in what is said. But do not think you can long fool another

with the pretense of an interest that you do not actually possess. Dogs, cats and customers know whether or not you are really interested in them and like them.

You do not make friends by approaching another person with a belief in your heart that you are superior to him, that you are smarter or more gifted than he is. For every superiority that you may possess, he has a different superiority to balance it. If you feel that you are entitled to some good that your neighbor does not have and is not entitled to, you will not win his friendship. He will know how you really feel in your heart.

You will get from another, in the long run, only what you can see in him. If you cultivate him only because you want something for yourself — without giving a full and adequate return — you can hardly expect to develop a successful acquaintanceship with him.

If you withhold from another person from whom you seek a favor somewhat of the truth you can hardly blame yourself if you fail to get what you seek. Men will not trust you unless you trust them. Men will not believe in you unless you believe in them.

What you send out to another from within yourself, that is what will come back to you.

PRAYER is the door, forever open between earth and Heaven. Sooner than sound can reach a human ear through this lower atmosphere, the longing desire of the spirit rises to the heart of the Father. We are living in an invisible world, where our wishes are understood before our words are spoken. — *Lucy Larcom*

Success In Prayer

Edited by W. E. T.

HOW MY EYES WERE HEALED

ABOUT thirty-one years ago my husband and myself, with our three small children, filed on a claim (homestead) in the foothills of our own beautiful Black Hills. We were all thrilled with this new adventure, as well as by the beautiful scenery that greeted our eyes on every side. We were en route to the land that was to be ours.

Very few, if any, cars were seen out there then. We knew of no one that was fortunate enough to have a car. So our mode of travel was on horse back, or by team harnessed to an old wagon. So the rocky trail was a slow trip. Not being certain of the trail, we were forced to spend a night out under the stars. Somewhere on the trail an object got in my eye. It was painful, so painful that the enjoyment of the trip was forgotten. All remedies were of no avail.

We were too far from a town to even consider medical aid, if there was aid in the small towns we knew about. The eye grew worse, then naturally the other eye became affected. I found a pair of dark glasses, otherwise I could not stand any light at all.

One beautiful morning I went outside the little shack that was our home to try to view the sight that surrounded the place. The odor of pine filled the air and the warm sunshine flooded the canyon. I peered into space. The hills were hidden by a veil. A heavy mist seemed to be

between the hills and myself. It was then I realized that I seemed to be going blind.

I went back into the cabin, found a mirror and looked at my eyes. A white, milky film had covered both eyes. My husband suggested that we make a trip to a town to seek medical aid. Our finances were limited and a thirty mile trip atop a lumber wagon was out, in my estimation.

Suddenly, from past experience, I considered God. Our extremity is God's opportunity. So, realizing my own helplessness, I said, "It's up to You."

Closing my eyes I could feel God's hands on my eyes. Recalling now after the span of years between then and now, I actually seemed to feel and see those hands. The scum vanished —suddenly, not slowly. My eyes were healed.

My eyes have stayed healed throughout the years. As I look out of my windows over the tree covered hills I still thank God for healing my eyes.

It has been said that eyes are the windows to the soul. Our very heart bleeds for those afflicted by blindness. Christ paid special attention to the blind. As age creeps on humanity, eyes become dim. Why not let God touch those tired aching eyes? As he touches eyes he will reach the soul. One important factor is to realize our own helplessness, and LET God do it for us. — *Mrs. J. T. So. Dak.*

PRAYER AND THE THINGS PRAYED FOR ARE ONE

"How shall I pray," asked a beginner in the study of Truth, "so that I may get all these things?"

She handed the list to her friend. It was a long list. She was very specific as to what she wanted. She was just a bit confused because her wants ranged all over the United States. If her prayers for these things were to be answered, many people would have to take part to bring it about. Some of these persons would be unknown to her.

How were her prayers answered? Through the help of her friend, she came to see that God — the center of Infinite Intelligence in her — is One. This meant that he was also present in those touched by her prayer. When she came not only to see this great truth, but also to *feel it strongly*, the things for which she prayed began to pour in so fast that she was both surprised and grateful.

Her prayers had included the desire for sale of property in the East; for letters which were to come from persons whose whereabouts she did not know; for a new job in her line of work.

Now this young woman did not have any particular job in mind. But when she recognized God as the One Intelligence — when she recognized God as present not only in her desires but also in the work she was to receive — then her new work, along with the other things for which she was asking, were manifested in just a few days.

When our prayers are quickly answered, we are apt to feel surprised. This is evidence that God has greater resourcefulness than we thought. Then we begin to see and really feel that God is the source of abundance above all that we could ask or think.

A quick answer to our prayer requires, I think, that we lose all sense of fear and worry when we

pray. It requires that we get into the spirit of some such affirmation as this. "The Christ Mind in me is a magnet. It is a center of Divine Intelligence. It attracts to me my good from the Universal Source. This Source is ever present — everywhere about me."

In using this, or any other similar affirmation which you may make for yourself, be sure to apply it to your own need — the dominant need in your thoughts at the time. And do not try to tell God from whence you want your abundance to come. Just recognize God as the One Infinite Intelligence, and "all these things shall be added unto you." — *E. S., Calif.*

Subconscious Guidance

(*Continued from page 2*)

slighter structures, stood a small but substantial stone house two stories high.

I halted in the wilderness to survey this scene and to revolve my action. . . . I had heard it said before I escaped that in the mining district of Witbank and Middleburg there were a certain number of English residents who had been suffered to remain in the country in order to keep the mines working.

Had I been led to one of these? What did this house which frowned dark and inscrutable upon me contain? A Briton or a Boer; a friend or a foe?

The odds were heavy against me, and it was with faltering and reluctant steps that I walked out of the shimmering gloom of the veldt into the light of the furnace fires, advanced towards the silent house, and struck with my fist upon the door.

There was a pause. Then I knocked again. And almost immediately a light sprang up above and an upper window opened.

"Wer ist da?" cried a man's voice.

I felt the shock of disappointment and consternation to my fingers.

"I want help, I have had an accident," I replied.

Some muttering followed. Then I heard steps descending the stairs, the bolt of the door was drawn, the lock was turned. It was opened abruptly, and, in the darkness of the passage a tall man, hastily attired, with a pale face and dark moustache, stood before me. "What do you want?" he said in English . . .

"I think," I replied, "I had better tell you the truth."

"I think you had," he said slowly.

So I took a plunge and threw all I had upon the board.

"I am Winston Churchill, War Correspondent of the 'Morning Post.' I escaped last night from Pretoria, I am making my way to the frontier." (Making my way!) "I have plenty of money. Will you help me?"

There was another long pause. My companion rose from the table slowly and locked the door.

After this act, which struck me as unpromising, and was certainly ambiguous, he advanced upon me and suddenly held out his hand.

"Thank God you have come here! It is the only house for twenty miles where you would not have been handed over. But we are all British here, and we will see you through."

— *From Psychic News*

Elizabeth's Editorials

(*Continued from page 7*)

burden. Try to vary it and to use your imagination so as to make the practice interesting — something different every morning. You keep the same aim, the same purpose, the same object in view, but a different approach.

When you engage in this practice you are building toward your objective just as a brick layer is working toward his objective when he lays a row of bricks. Everything you do has its effect upon you. No matter how small or trivial the act, there is a reaction from within yourself corresponding to what you do. So when you come to this early morning practice, remind yourself that you are not going to be quite the same afterward. You are going to be a little stronger, have a little more courage, have a little more faith, work a little more effectively because of the practice.

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Secrets of Strength

(*Continued from page 24*)

enly abode consisted of infinite, magnificent mansions that made the colossal, gaudy clubhouses of the Romans seem as nothing. A strength which is not of stone or brick but of spirit, of infinite vision, is a strength that does not perish — a kingdom that endures forever.

We can enter into this kingdom. No matter how lowly our surroundings we can, as Holmes has written, "build . . . more stately mansions" for our soul, and leave our "low-vaulted past," just as mankind left his low-vaulted caves and his flat-roofed dwellings to raise cathedrals arching upwards, ever upwards, to pierce the skies in a slender spire of loveliness. If these structures, made with hands, can be so lovely, how much more lovely will be that kingdom not made with human hands but created by God's own enduring power! And love! For God is the greatest artist and builder, the Source Supreme of all strength and knowledge — of life and boundless love.

If I knew you and you knew me; if both of us
could clearly see,
And with an inner sight divine the meaning of
your heart and mine,
I'm sure that we would differ less and clasp our
hands in friendliness,
Our thoughts would pleasantly agree if I knew
you and you knew me.

— *Nixon Waterman*

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"I Just Went Along"

(*Continued from page 16*)

it. Some day she will "just go along" to eternity, and no doubt her cooperative spirit will carry her through, under God's gentle rule.

We have yet to find any person who sometime or other has not experienced trouble in some form on the road of life. When these troubles are accepted as challenges by those of strong stubborn will, a conflict begins that wastes away the nerve energy of the combatant. It makes him old before his time and develops a disagreeable character.

In the animal kingdom barking always precedes a dog fight. If both dogs bark vigorously, a battle will ensue. If one dog barks and the other goes right on chewing at his bone, the barking dog will trot on down the street with an air of false pride.

Trouble should be treated as a baby. It cannot fight back. It needs only the solvent of Love. Jesus did not curse the storm that threatened to swamp the boat on which he slept. He reprimanded only the disciples who awoke him from a peaceful slumber. To the elements, he said: "Peace, be still."

If we but used the power of Love in correcting undesirable conditions around us, trouble could not linger on our doorstep. Thousands of good people spend a great deal of mental effort in seeking to develop faith when they could benefit greatly if the same amount of time and effort were spent in realizing that Love is the Spirit that awaits to take control of their lives and their affairs. Until Love is *let in*, or accepted, as the ruling principle of thought and action, faith will remain powerless.

Faith is the substance of all our unselfish hopes, but a dynamic self will has no power over it. Only Love, expressing from the soul, can bring the substance of these good hopes to light.

We do not need more faith — we need more Love with which to express what faith we may now have. Faith comes with understanding. And true understanding cannot come until God-love is accepted as the ruling principle of soul activity.

Some of us learn this truth the hard way. Others take the Master's word for it. These people escape many of the hard bumps along the road that leads from *sense* to *soul*, where we find it more convenient to "just go along." The soul is Love-governed while the sense is subject to every ill wind that blows.

"I just went along." Written in two words, this means tolerance and cooperation. Written in one, it means the love of God, expressing from the hearts of his creatures.

That which endures, cooperates, whether it be a smiling lady of 104 or a form of government. Of this we may be certain; on this we can base our prophecies, for it is an infallible law of the Eternal, embracing all things great and small.

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(Continued from page 1)

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